

ST. PETER'S HOSPITAL

1994 - 1995 ANNUAL REPORT

LEADING THE WAY FOR SENIORS

One of St. Peter's outpatients once said: "The people here make you feel so welcome when you come through the door in the morning... It made such a difference to my recovery." Statements like this confirm that St. Peter's is leading the way in delivering care to seniors. (continued p.2 ►)



Linking With The Community

The enthusiastic smiles in the photos accompanying our remarks are images seen daily at St. Peter's Hospital. All staff enjoy contributing to the lives of seniors, and take great pride in providing our patients with quality care and service. St. Peter's has grown and developed tremendously in its 105 years. It has outgrown its original infirmary title, and is now an accredited hospital recognized throughout Canada for its visionary approach to patient care. As a matter of fact, health care administrators from countries from as far away as Japan and the Netherlands request tours of St. Peter's when visiting Canadian hospitals. Key components to St. Peter's success are the ongoing linkages and partnerships with community organizations and corporations. We would like to give you a glimpse of how a few of our partnerships help us contribute to the well-being of the community.

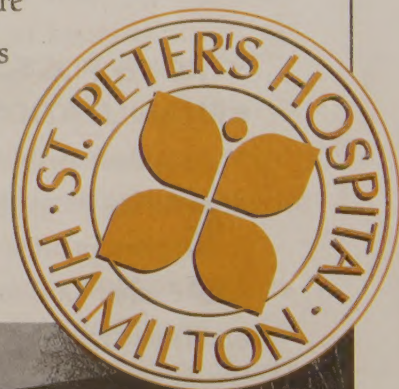
The Canadian National Institute for the Blind translates our publications onto audio tapes; the financial support given by the Royal Canadian Legion and other service clubs and associations enables us to purchase special equipment for patient care; and Dofasco, which was a major financial contributor when the hospital established its therapeutic Easy Street Environment® in 1990, continues to support St. Peter's. In addition to being a nationally recognized leader in geriatric care, St. Peter's role as an academic health centre attracts students from several health-care professions, some of which include medicine, occupational and physical therapy, nursing and speech language pathology. In this capacity, we have the added responsibility of educating today's youth in preparation for their own careers. You will read more about this further on in the report. On a broader scale, St. Peter's has joined other Hamilton hospitals, McMaster University and the District Health Council in discussions regarding rationalizing hospital services. This process is continuing, and once decisions are made will result in greater efficiencies and reduced costs to the health-care system. We are proud to be

associated with other Hamilton organizations.

We look forward to forming new partnerships and developing further the ones we currently share. We hope you enjoy reading our report to the community.

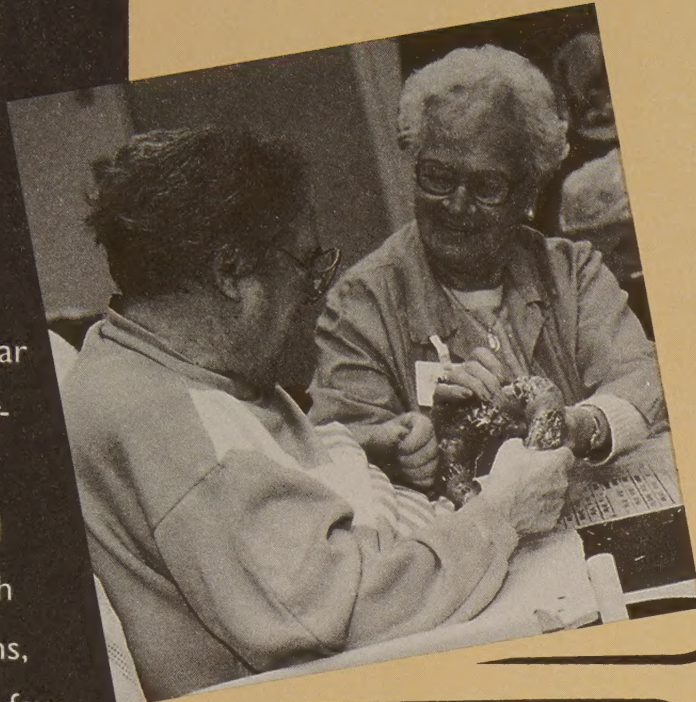
J. H. M. M.
PRESIDENT

Michael H. Robich
CHAIR OF THE BOARD



LEADING THE WAY (CONT.)

In 1992, St. Peter's took a dramatic step. It broke from tradition and set up program teams that specialize in particular disease processes. These interdisciplinary teams consist of nurses, physicians, physio- and occupational therapists, speech language pathologists, dieticians, and social workers to name a few. Supporting the teams are clergy, porters, housekeepers, clerical staff, etc. and of course, the many volunteers who so generously give their time to help our patients. All members of the teams look forward to the exciting and emotional moment when a patient is able to be discharged and "good-byes" are exchanged.



Program Management ... A Team Approach to Patient Care

STROKE/ POST-STROKE REHABILITATION PROGRAMS

The suddenness of a stroke can be very devastating for patients and their families. It can change one's life in an instant. The stroke rehabilitation team realizes this, and is particularly understanding of the special needs and support patients and families require. This dynamic team helps patients gain as much functional ability as possible and learn to adapt to the effects of stroke such as paralysis and swallowing difficulties.

MUSCULO-SKELETAL REHABILITATION PROGRAM

The temporary, and for some, permanent setbacks from arthritis, fractures, amputations and surgery require

special attention. The musculo-skeletal team gives patients such attention in an effort to manage pain and reduce the complications related to immobility.

NEUROLOGY PROGRAM

Living with neurological conditions such as multiple sclerosis, Lou Gehrig's Disease (A.L.S.), and Parkinson's disease can be very difficult and frustrating for patients and their families. The neurology team's blend of skills and experience enables them to develop a care plan specific to the symptoms of these type of diseases. This contributes to maximizing patients' ability to function.

PALLIATIVE CARE PROGRAM

Patients with progressive life-threatening illnesses require a compassionate and sensitive approach to their care. In addition to pain management, psycho-social and spiritual support is provided to patients as well as their families.



MAJOR SYSTEMS PROGRAM

Helping patients remain active upon the failure

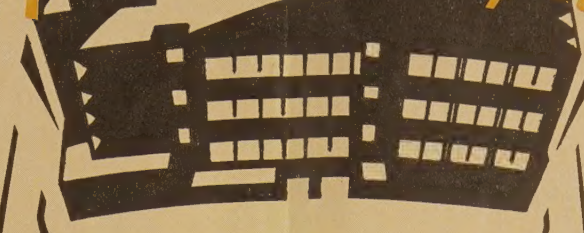
of one or more major systems such as heart, lung and kidney is the focus of this multi-skilled team. The care and rehabilitation provided are geared to improving or stabilizing patients functional ability as well as reducing and preventing complications.

GERIATRIC BEHAVIOURAL HEALTH PROGRAMS

Patients in these programs require special attention due to mild to severe forms of dementia and psychological disorders. Innovative therapeutic approaches are used to minimize the effects of cognitive impairment and aggressive behaviour. The Behavioural Health patients particularly enjoy the pet therapy component of their care.



St. Peter's Hospital



MAPLEWOOD AVE.

Gage
Park

Adelaide
Hoodless

MAIN ST. E.

KING ST. E.

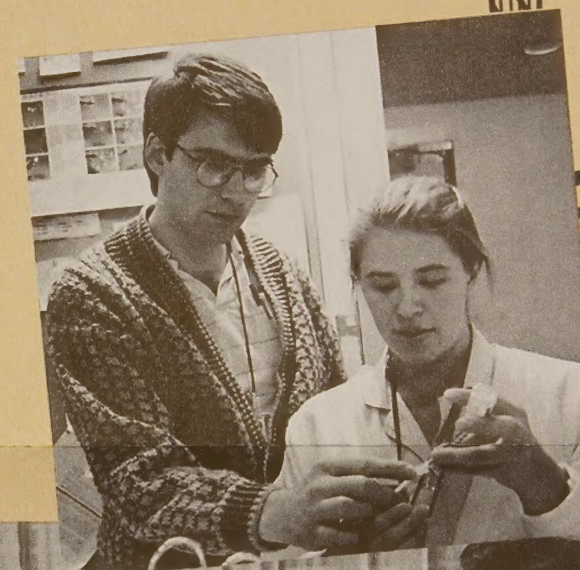
BARTON ST. E.

SHERMAN ST. S.

GAGE AVE.

Centre Mall

McMaster
University



COMMUNITY SERVICES

Under the umbrella of Community Services, a broad range of services is provided to seniors so that they can remain in their own homes while receiving care.

Falls Clinic - Preventing Injury

Did you know that for the frail elderly a fall can result in lengthy hospitalization or even death? St. Peter's partnership with the Trauma Prevention Council of

Hamilton-Wentworth has resulted in the development of a Falls Clinic. This clinic is designed to reduce the risks of falling for seniors. If needed, the team adjusts patients' medications or provides physical or occupational therapy.

Chiropody Clinic - Walking Easier

The patients of this clinic are its own advertisement. Through word-of-mouth the chiropody clinic has been keeping the 1500 outpatients on their

feet and with as much comfort as possible. Clinic staff prescribe topical ointments, treat foot ailments such as ingrown toenails and, if needed, prepare orthotic inserts. No physician referral is needed.



MEALS TO GO

St. Peter's Hospital has had a rewarding partnership with Meals on Wheels for several years. Each day dedicated volunteers from the Victorian Order of Nurses "Meals on Wheels" program pick up their insulated containers to deliver nourishing meals to seniors. St. Peter's prepares more than 60,000 meals annually. It's our way of contributing to the community.

CENTRE MALL WALK - LET'S GO SHOPPING...

or at least a stroll through the mall. During the long winter months when snow on city streets hampers walking, Centre Mall's special "Mall Walk" program offers seniors a safe environment in which to walk. St. Peter's staff enjoy their role in providing the walkers with wellness tips and ways to maintain their health.

FROM THE HALLS OF ACADEMIA...

come forth bright, talented university and college students eager to supplement their learning with practical experience. As a facility which promotes research-based care, St. Peter's is frequently students' preferred choice when selecting their placements.

Crystal Smith, a fourth year nursing student from McMaster University, said of her placement: "I like the interdisciplinary team approach...the chance to mix with students and staff from other professional disciplines is a benefit of training at St. Peter's."



Not all students who come to St. Peter's Hospital have selected a career path. This year marks the fifth anniversary of the Partners in Education co-op program linking St. Peter's with Scott Park Secondary School. Through this program, students gain an understanding of what's involved in working in the health-care field.

ONCE UPON A TIME...

Each Wednesday, Adelaide Hoodless Public School kindergarten class walks across the street to join our patients in story hour. Sharing a special moment with young children enriches the lives of our patients and offers students an opportunity to learn about the lives of the elderly.

FOOTNOTES: HIGHLIGHTS OF 1994/95

✿ St. Peter's role as an academic health centre was strengthened this year when it formally established a research department. Whether it's developing new adaptive devices for patients or advancing patient-care procedures, the knowledge gained through research will contribute to the well-being of our patients.

✿ St. Peter's takes the saying "you are what you eat" seriously. This year St. Peter's and its community partner, The Public Health Services Department, were honoured when their application to become one of seven pilot sites for the Ontario Community Food Advisory Program was accepted. The goal of the program is to promote wellness through proper nutrition. Volunteers are trained in everything from handling food safely, storing and cooking, to budgeting and shopping. Once certified, the volunteers will speak to and/or conduct cooking classes for church, community and senior's groups, and youth organizations.

✿ Another St. Peter's Cable 14 television show entitled **Insights: Experts Talk About Issues That Matter Most to Seniors** is being produced. Scheduled for a September airing, this year's show will cover topics on coping with the effects of a stroke, palliative care support for the terminally ill and prostate disease. St. Peter's President, Dr. Judith Meeks, will discuss these topical issues with experts in the field.

✿ Recognized as leaders in geriatric care, St. Peter's staff receive invitations to speak at conferences attended by the best in the field. Below are some examples of conferences to which our staff have been invited to speak..

- International Conference of Alzheimers - Edinburgh, Scotland
- The American Society on Aging Conference - San Francisco, California
- Canadian Lung Association Conference - Quebec City
- World Confederation for Physical Therapy - Washington, D.C.
- Gerontology Association Annual Conference - Toronto, Ontario
- Joint congress of the Canadian Physiotherapy Association and the American Physical Therapy Association - Toronto, Ontario
- Fourth Annual Quality of Nursing Worklife Research Conference - Toronto, Ontario

Staff have also presented at conferences hosted by Hamilton - two of which include the International Symposium on Health Management and the International Conference on Communication, Aging and Health.

An Exciting Transformation

St. Peter's Hospital's 60-year-old south wing will soon be transformed. After nine years of working with the Ministry of Health, St. Peter's has received the official go ahead to redevelop this aging wing to bring it up to 90's standards.

When the ground is broken this summer the 80 patients for whom this wing is home will witness an exciting transformation. Some of the features to be incorporated include: an activity room • family meeting room • a therapeutic walking circuit • gardens and garden terrace • and an increase in private rooms. Because many of the patients have mild to severe forms of dementia and psychological disorders such as Alzheimer's and Parkinson's disease, the renovations will meet their unique social, therapeutic and physical needs. A key consideration when re-designing the wing was to make the rooms large enough so that if family need to stay overnight they can do so in comfort.

To help finance the \$22 million redevelopment costs, St. Peter's Hospital Foundation is currently preparing a capital campaign. Through the support and generosity of local and area corporations, service clubs and associations, along with the community, St. Peter's will raise its \$3 million portion of the costs.



Easy Street Celebrates 5th Anniversary

Five years ago St. Peter's introduced the Easy Street Environment® concept to Canada. Since its grand opening on April 27, 1990 there have been more than 37,000 visits to Easy Street®, as seniors from across the region travelled the road to rehabilitation.

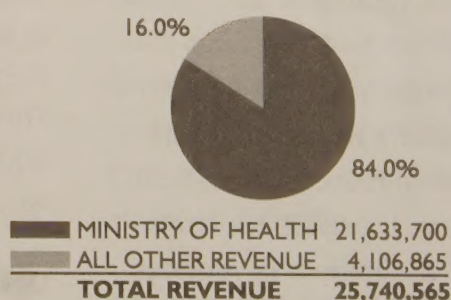


This unique streetscape brings the outside world with all of its obstacles into a hospital setting. In- and outpatients who visit this special "neighbourhood" find themselves manouvering through turn-

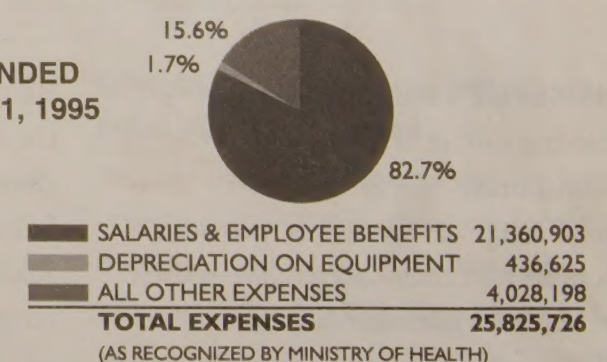
stiles, stepping onto curbs, getting in and out of a parked car and finding a seat on a "moving" bus. The

patchwork floor of the grocery store presents a visual obstacle for individuals with impaired eyesight. Other features include a putting green, mini-theatre, greenhouse and replicas of retail stores and a pharmacy. As one of the original Easy Street® sponsors, Dell Pharmacy's ongoing commitment includes meeting with Day Hospital clients to help them understand the role of their pharmacist.

SUMMARY OF REVENUE AND EXPENSES



YEAR ENDED
MARCH 31, 1995



COMPLETE FINANCIAL STATEMENTS ARE AVAILABLE UPON REQUEST

WE THANK THE FOLLOWING CORPORATIONS FOR GENEROUSLY CONTRIBUTING TO THE PRODUCTION OF THIS REPORT.



Langley Parisian

